

IDY - 2026

GUIDELINES
YOGA COMPETITIONS



GOVERNMENT OF ANDHRA PRADESH

YOGANDHRA CAMPAIGN - YOGA COMPETITION PLAN

INTRODUCTION

The "IDY -2026 Campaign - Yoga Competition Plan" outlines comprehensive guidelines for organizing and conducting yoga competitions across Village/Ward, Mandal, District, and State levels in Andhra Pradesh. These guidelines cover various aspects of the competition, including operational procedures, participant registration, formation of organizing committees, competition structure, detailed schedules, and specific rules for different yoga categories. The document also provides criteria for judging individual and group performances, eligibility requirements, and regulations for various artistic and knowledge-based competitions such as Asana Demonstration, Pranayama, Yoga Song, photography, Quiz. The aim is to ensure fair play, consistent execution, and clear expectations for all participants and organizers involved in the IDY -2026 campaign

Guidelines for Yogandhra competition program Village and Ward, Mandal, District & State Level.

OPERATIONAL GUIDELINES

- Registration of participants is mandatory for participation in Yoga Competitions
- Village/Mandal/District Level committee formed at the village/Mandal/District level would be responsible for organizing Village/Mandal/District level Yoga Competitions respectively.
- The details of the participants shall be registered in the login of Panchayat Secretary at Village level, MPDO at Mandal Level and District Nodal Officer at District Level with provision for finalization of fixtures and announcement of winners.

- Winners of Village will proceed to Mandals, from Mandals to Districts and Districts to State. Please note that there shall not be any new entrants at any level higher than Village
- Concerned officials – Panchayat Secretary/MPDO/District Nodal Officers at the respective level shall identify the locations for organization of competitions.
- Concerned officials shall make necessary arrangements for successful organization of Yoga Competitions by providing basic amenities like Public Address System, Backdrop, Seating arrangement for Judges, Drinking Water and refreshments if any.
- Care shall be taken to ensure that participant belongs to the same jurisdiction
- In all the Competitions, the decision of the jury/judge is final and binding.

COMPETITION LEVELS AND SCHEDULE

The competition is planned across four levels over a 14-day schedule:

1. **Village/Ward Level (June 7 – June 9, 2026)** – Theme: Yoga for All – Grassroots Wellness
2. **Mandal Level (June 10 – June 12, 2026)** – Theme: Unity Through Yoga – Bridging Communities
3. **District Level (June 14 – June 16, 2026)** – Theme: Yoga and Youth – Building a Healthy Future
4. **State Grand Finale (June 18 – June 20, 2026)** – Theme: Yogandhra – Andhra's Global Yoga Showcase

Categories

Individual Performance

- Asana Demonstration
- Pranayama Performance

Group Performance

- Synchronized Group Yoga

Artistic Yoga Competition

- Yoga Song

Knowledge Based Competitions

- Yoga Quiz
- Yoga Slogan
- Yoga Essay

Categories

- Yoga Short Film
- Yoga Photography

ASANA DEMONSTRATION

Eligibility

- **Age Wise Participants:**

Junior : 10-18 Years

Young : 19-35 Years

Senior : 36 years and above.

Yogasana to be perform in the

Junior : 10-18 years			
Village Level	Mandal Level	District Level	State Level
1. Vrikshasana 2. Padahastasa 3. Paschimottanasana 4. Ushtrasana 5. Ardha Matsyendrasana 6. Sarvangasana	1. Garudasana 2. Garbhasana 3. Chakrasana 4. Akarna Dhanurasana 5. Bakasana 6. Halasana	1. Natarajaasana 2. Vibhakta Paschimottanasana 3. Padma Sarvangasana 4. Ekapada Chakrasana 5. Kukutasana 6. Matsyendrasana	1. Ekapada viparitadandasana 2. Titibhasana 3. Purna Supta Vajrasana 4. Purna Shalabhasana 5. Purna Dhanurasana 6. Vibhaktha Viparit Suptasana
Young : 19-35 Years			
Village Level	Mandal Level	District Level	State Level
1. Trikonasana 2. Vrikshasana 3. Padahastasa 4. Ushtrasana 5. Ardha Matsyendrasana 6. Sarvangasana	1. Garudasana 2. Parsva Konasana 3. Paschimottanasana 4. Matsyasana 5. Matsyendrasana 6. Halasana	1. Natarajasana 2. Baddha Padmasana 3. Vibhaktha Paschimottanasana 4. Akarna Dhanurasana 5. Padma Sarvangasana 6. Dhanurasana	1. Trivikramasana 2. Purna Chakrasana 3. Uthita Paschimottanasana 4. Omkarasana 5. Purna Matsyendrasana 6. Karnapidasana

Senior :36 years and above

Village Level	Mandal Level	District Level	State Level
1. Vrikshasana 2. Padahastasana 3. Ushtrasana 4. Sarvangasana 5. Ardha Matsyendrasana 6. Dhanurasana	1. Garudasana 2. Ardha Baddha Padma Paschimottanasana 3. Matsyendrasana 4. Baddha Padmasana 5. Halasana 6. Chakrasana	1. Veerabhadrasana 2. Paschimottanasana 3. Utthita Padmasana 4. Akarna Dhanurasana 5. Padma Sarvangasana 6. Eka Padachakrasana	1. Vatayanasana 2. Natarajasana 3. Hanumansana 4. Koundinyasana 5. Kurmanasana 6. Padangushth Dhanurasana

Rules And Regulation

- 1) Separate competitions in Individual and Group Performances will be conducted for male and female except in knowledge based competitions.
- 2) The Above-mentioned asanas are to be performed strictly.
- 3) Every asana should be held for a minimum of 5 seconds.
- 4) From every age group only one competitor will be selected (1- Male & 1- Female)
- 5) Judge's decision will be final in any aspect.
- 6) Verification of competitor name and age according his/her ID or certificate.
- 7) An undertaking to be sign by competitor and his/her guardian.
- 8) Time duration for the presentation will be 150 to 180 seconds (2 ^{1/2} to 3 Minutes)
- 9) The transition from one posture to another posture should be slow and atheistic.

Registration Process:

Every interesting participant has to be registered in the Yogandhra app.

Venues

Village Level: Govt. schools, Govt. Institution Buildings and grounds and etc.

Mandal Level: Govt. schools, Govt. Institution Buildings, Degree College grounds, Community halls and etc.

District Level: Govt. schools, Govt. Institution Buildings, Degree College grounds, Community halls, Parade grounds, Local Stadiums and etc.

State Level: Govt. schools, Govt. Institution Buildings, Degree College grounds, Community halls, Parade grounds, Local Stadiums and etc.

JUDGING CRITERIA:

Judges will evaluate participants based on the following:

- **Accuracy of Asanas:** Correct execution of each of the postures, ensuring proper hand and foot placement, body alignment, and limb extension.
- **Flexibility and Extension:** Demonstration of flexibility and full extension in each posture (e.g., reaching palms to the floor in Pada Hastasana,
- **Stability and Balance:** Maintenance of stability and control throughout the transitions and hold of each posture.

Village Level: Sachivalayam Secretary / Employee, PET/PD/Yoga instructor (with consisting of any of 3 to 5 members only)

Mandal Level: MPDO, MEO, Yoga Trainer, PET, PD (with consisting of any of 3 to 5 members only)

District Level: Yoga Judge (qualified) – 3 and 2 member decides by the District Collector & Magistrate (with consisting of 5 members only)

State Level: Yoga Judges (qualified) -3 and 2 members decides by the competent authority (with consisting of 5 members)

PRANAYAMA PERFORMANCE

Eligibility

- Open to different age groups. (e.g., Juniors, Young, Seniors).
- You should be healthy enough to do breathing exercises.

Pranayama Sequence

- Competitors will perform a set sequence of Pranayama exercises.
- **Examples:**
 - Nadi Shodhana (Alternate Nostril Breathing)
 - Kapalabhati (Skull Shining Breath)
 - Bhramari (Humming Bee Breath)
 - Ujjayi (Victorious Breath - if applicable for performance)
- The number of rounds or duration for each Pranayama will be announced before the competition.
- You must follow the exact sequence and timing given.

Judging Criteria

Judges will look at these main things:

- **Technique (How you do it):**
 - **Posture:** Are you sitting straight and comfortably?
 - **Hand Position (Mudra):** Are your fingers in the correct position (e.g., Nasagra Mudra for Nadi Shodhana)?
 - **Breath Control:** Is your breathing smooth, controlled, and even? No gasping or rushing.
 - **Rhythm:** Is your inhale, hold (if any), and exhale steady and consistent?
- **Sound (Where applicable):**
 - **Kapalabhati:** Sharp, active exhales.
 - **Bhramari:** Clear, consistent humming sound.
 - **Ujjayi:** Gentle, even sound from the throat.
- **Focus & Calmness:**
 - Are you staying focused?
 - Do you look calm and composed during the performance

GROUP PERFORMANCE

SYNCHRONIZED YOGA

These guidelines are for teams performing yoga together, focusing on how well they move and look as one.

Team Composition

- **Size:** Each team must have a minimum of 3 members and a maximum of 6 members.
- **Gender:** Teams can be all male, all female, or mixed.
- **Age Categories:** Teams will compete within defined age categories (e.g., Juniors: 10-18 years, Young: 19 - 35 years, Seniors: 36+ years).

Performance Format

- **Routine:** Each team will present a choreographed yoga routine.
- **Duration:** The routine should be between 2 minutes 30 seconds and 3 minutes.
 - (Specify exact time limits based on competition level, e.g., for shorter, more precise routines, a 2-3 minute limit might be better).
- **Music:** Teams *must* perform to music. The music should be calming, inspiring, or traditional, and suitable for a yoga performance. No harsh or overly distracting music.
- **Asanas:** The routine should include a variety of yoga postures (asanas) – standing, sitting, prone (on stomach), supine (on back), balancing, and inversions (if appropriate for the age group/skill level).
- **Transitions:** Movements between postures should be smooth, fluid, and synchronized.
- **No Props:** No external props (like blocks, straps, or blankets) are allowed unless explicitly stated by the organizers.
- **Area:** Teams must stay within a designated performance area. Stepping out will result in deductions.

Judging Criteria

Judges will score teams based on:

- **Synchronization (40%):**

- **Simultaneous Movement:** How well all team members perform the same movement at exactly the same time.
- **Identical Form:** How closely each team member's posture matches the others in terms of alignment, depth, and extension.
- **Shared Rhythm:** The team's collective sense of timing and pace, especially with the music.
- **Technique & Execution (30%):**
 - **Asana Accuracy:** Correct alignment, stability, and proper execution of each individual posture by every team member.
 - **Grace & Fluidity:** Smooth, continuous, and elegant transitions between postures without jerky movements.
 - **Breath Awareness:** Though not always audible, the appearance of controlled and calm breathing.
- **Choreography & Presentation (20%):**
 - **Creativity:** Originality and imaginative sequencing of asanas.
 - **Use of Space:** Effective use of the entire performance area and varied formations (e.g., lines, circles, mirror images).
 - **Artistic Expression:** Overall aesthetic appeal, harmony with the music, and conveying a sense of unity and peace.
 - **Costumes:** Simple, uniform, and modest yoga attire that does not hinder movement.
- **Difficulty (10%):**
 - **Complexity of Asanas:** Inclusion of moderately challenging to advanced asanas suitable for the team's skill level.
 - **Complex Transitions:** Smoothly connecting difficult postures.

YOGA SONG (SOLO) COMPETITION GUIDELINES

Objective

To encourage creative expression through music that embodies the principles, philosophy, and benefits of yoga. This competition celebrates the harmonious blend of music and yogic wisdom, providing a platform for individuals across different age groups to share their talent and understanding.

Eligibility

- **Open to All:** Individuals or groups (maximum 5 members per group).
- **Health:** Participants should be in good health.

Age Group Divisions

Participants will compete within the following age categories, based on their age as of the competition date:

- Junior (10-18 years)
- Young (19-35 years)
- Senior (35 years and above)

Note: For group performances, the team will compete in the category of the oldest member.

Performance Format

- **Originality:** Songs *must* be original compositions (lyrics and melody). No covers of existing songs are allowed.
- **Theme:** The song must directly relate to yoga. This can include:
 - Yoga postures (asanas)
 - Breathing exercises (pranayama)
 - Meditation and mindfulness
 - Yoga philosophy (e.g., Yamas, Niyamas, eight limbs)
 - Benefits of yoga (e.g., peace, health, flexibility, mental clarity)
 - Chants (e.g., Om, specific mantras) integrated into a *new* composition.
- **Language:** Songs in Telugu language.
- **Duration:** Each performance should be between **2 minutes 30 seconds and 3 minutes**.
 - *Slightly shorter duration (e.g., 2-3 minutes) may be considered for Sub-Junior and Junior categories*
- **Instruments:** Participants can use acoustic instruments (e.g., guitar, harmonium, tabla, flute, keyboard) or perform A Capella (voice only). Pre-

recorded backing tracks *without* lead vocals are allowed, but live performance is encouraged. No lip-syncing.

- **Presentation:** Participants should be dressed modestly and appropriately for a yoga-themed event. Costumes should enhance the theme, not distract from it.

Judging Criteria

Judges will score based on the following:

- **Relevance to Yoga (35%):**
 - How clearly and effectively the song conveys yogic themes, principles, or experiences.
 - Depth and understanding of the yogic message.
 - *For Sub-Juniors/Juniors: Emphasis on clear, positive messages related to basic yoga concepts.*
- **Lyrics & Message (25%):**
 - Originality and creativity of the lyrics.
 - Clarity, coherence, and impact of the message.
 - Poetic quality and emotional resonance.
- **Musicality & Composition (20%):**
 - Melody, rhythm, and harmony.
 - Overall musical quality and originality of the composition.
 - Appropriateness of the music style to the yoga theme (calming, uplifting, meditative).
- **Vocal Performance (10%):**
 - Clarity, pitch, and vocal control.
 - Expression and emotion conveyed through singing.
- **Overall Presentation & Impact (10%):**
 - Stage presence and connection with the audience.
 - Flow and engaging nature of the performance.
 - How memorable and inspiring the song is.

YOGA QUIZ COMPETITION GUIDELINES (AGE-WISE)

These guidelines outline the structure, rules, and scoring for a Yoga Quiz Competition, designed to test and enhance participants' knowledge of yoga across various age groups.

Objective

To encourage deeper learning and understanding of the vast science and philosophy of yoga, including its history, principles, practices (asanas, pranayama, meditation), and ethical considerations, through an engaging and competitive quiz format.

Eligibility

- **Participation:** individuals only
- **Health:** No specific physical requirements, as this is a knowledge-based competition.

Age Wise Participants Division:

Participants (Male or Female) will compete within the following age categories, based on their age as of the competition date:

- Junior (10-18 years)
- Young (19-35 years)
- Senior (36 years and above)

Quiz Format

The quiz will typically consist of multiple rounds. The number and type of rounds may vary based on the age group and overall competition duration based on the need to select winner.

- **Round Types (Examples):**
 - **Multiple Choice Questions (MCQ):** Standard format with given options.
 - **True/False:** Statement verification.
 - **Fill in the Blanks:** Completing sentences or terms.
 - **Image Identification:** Identifying asanas, mudras, or symbols from pictures.
 - **Match the Following:** Connecting related terms.
 - **Rapid Fire Round:** Quick succession of questions with short answer

times.

- **Buzzer Round:** First to buzz in for an answer.
- **Audio/Video Round:** Questions based on short audio clips (e.g., mantra chanting) or video demonstrations (e.g., identifying a posture sequence).

Topics Covered (Age-Wise Specificity)

The complexity and depth of questions will be tailored to each age group:

- **Junior (10 - 18 years):**
 - **Asanas:** Names, basic benefits, and correct alignment for a wider range of foundational poses.
 - **Pranayama:** Basic breathing techniques (e.g., deep breathing, alternate nostril breathing concepts, not complex techniques).
 - **Basic Philosophy:** Yamas and Niyamas (brief introduction), benefits of meditation (simple terms).
 - **Historical Figures:** Simple facts about key yoga gurus (e.g., Patanjali, Swami Vivekananda, though avoid too much depth).
 - **Om Symbol:** Basic understanding.
- **Young (19 - 35 years):**
 - **Asanas:** Detailed alignment, common benefits, contraindications, and sequencing principles for a broader range of postures.
 - **Pranayama:** Names, techniques, and benefits of common pranayamas (e.g., Kapalabhati, Bhramari, Nadi Shodhana).
 - **Yoga Philosophy:** Detailed understanding of Yamas and Niyamas, brief overview of Eight Limbs of Yoga, basic understanding of Chakras and Nadis.
 - **History & Tradition:** Main branches of yoga (e.g., Hatha, Raja, Karma), key texts (e.g., Yoga Sutras, Bhagavad Gita - basic context).
 - **Anatomy:** Basic anatomical terms related to yoga (e.g., spine, joints, muscles involved in common poses).
- **Senior (36 year and above):**
 - **Asanas:** Advanced alignment, variations, therapeutic applications, and detailed benefits/contraindications.

- **Pranayama:** Deeper understanding and specific applications of various techniques, including retention.
- **Yoga Philosophy:** In-depth understanding of Eight Limbs, Gunas, Koshas, various philosophical schools, Vedanta concepts.
- **History & Texts:** Detailed knowledge of Yoga Sutras of Patanjali, Bhagavad Gita, Hatha Yoga Pradipika, major historical figures and their contributions.
- **Anatomy & Physiology:** More detailed understanding of how yoga impacts body systems, common injuries and modifications.
- **Ayurveda Connection:** Basic principles of Ayurveda and its relation to yoga.
- **Therapeutic Yoga:** Applications of yoga for specific health conditions, modifications for senior practitioners.
- **Lifestyle & Wellness:** Role of yoga in healthy aging, stress management, spiritual well-being.
- **Personal Practice & Experience:** Questions may touch upon consistency of practice and its benefits over time.

Scoring System

- **Correct Answers:** Points will be awarded for each correct answer (e.g., 10 points per question).
- **Incorrect Answers:** Negative marking may be applied in certain rounds (e.g., -5 points for an incorrect answer in a buzzer round) to discourage guessing.
- **No Answer:** No points or deductions for unanswered questions in most rounds.
- **Tie-Breaker:** In case of a tie, a sudden-death question round will be conducted until a winner emerges.

Rules and Regulations

- **Fair Play:** Absolutely no use of electronic devices, books, notes, or external help during the quiz. Any such attempt will lead to immediate disqualification.
- **Time Limits:** Adhere strictly to the time allotted for each question/round.

• **Decision of Quizmaster/Judges:** The decision of the quizmaster and judges will be final and binding.

• **Conduct:** Participants are expected to maintain decorum and respect.

• **Language:** The quiz will be conducted in a specified language (e.g., English or Telugu)

• **Preparation of Questions:** Questions shall be prepared by Judging Committee for Village/Ward, Mandal, District & State level.

YOGA SLOGAN COMPETITION GUIDELINES

These guidelines aim to encourage creative and concise communication of yoga's benefits, philosophy, and spirit through memorable slogans across various age groups.

Objective

To challenge participants to distill the essence of yoga into short, impactful, and inspiring phrases that resonate with a wide audience, promoting awareness and appreciation for yoga.

Eligibility

- **Participation:** Individuals only.
- **Health:** No specific requirements, as this is a written competition.

Age Wise Participants Division:

Participants (Male or Female) will compete within the following age categories, based on their age as of the competition date:

- Junior (10-18 years)
- Young (19-35 years)
- Senior (36 years and above)

Slogan Requirements

- **Originality:** Each slogan must be the participant's original creation. Plagiarism will lead to immediate disqualification.
- **Theme:** Slogans must relate directly to yoga. This can include:
 - Benefits of yoga (physical, mental, emotional, spiritual)
 - Core principles of yoga (e.g., harmony, balance, peace, mindfulness, unity)
 - Inspiration to practice yoga
 - The universal appeal of yoga
- **Length:** Slogans should be concise and impactful.
 - **Maximum Word Limit:** 10-15 words (inclusive of all words).
 - **Maximum Character Limit:** Approximately 75 characters (including spaces).

- *Shorter, punchier slogans are often more effective.*
- **Language:** Slogans should be submitted in Telugu language.
- **Number of Entries:** Each participant may submit a maximum of **two (2)** unique slogans. Each slogan will be judged independently.

Submission Process

- Slogans must be submitted on a designated form (physical or online).
- Each submission must clearly include:
 - Participant's Full Name
 - Age Group
 - Contact Information (phone/email)
 - The Slogan(s) clearly written/typed.

Judging Criteria

Judges will score each slogan out of 100 points based on:

- **Relevance to Yoga (35%):**
 - How accurately and effectively the slogan captures the essence of yoga.
 - Clarity of the yogic message.
- **Impact & Memorability (25%):**
 - How powerful and inspiring the slogan is.
 - How easy it is to remember and recall.
- **Creativity & Originality (20%):**
 - Uniqueness and freshness of the idea.
 - Avoidance of clichés, unless presented with a unique twist.
- **Clarity & Conciseness (10%):**
 - The slogan is easy to understand.
 - It effectively conveys its message in a minimal number of words.
- **Versatility/Applicability (10%):**
 - How well the slogan could be used in various contexts (e.g., posters, campaigns).

YOGA ESSAY COMPETITION GUIDELINES

These guidelines are designed to encourage participants to explore and express their understanding of yoga's principles, practices, and philosophy through well-researched and articulately written essays.

Objective

To foster deeper knowledge, critical thinking, and articulate expression about various facets of yoga, encouraging participants to research, reflect, and share their insights in a structured written format.

Eligibility

- **Participation:** Individuals only.
- **Health:** No specific physical requirements, as this is a writing competition.

Age Wise Participants Division:

Participants (Male or Female) will compete within the following age categories, based on their age as of the competition date:

- Junior (10-18 years)
- Young (19-35 years)
- Senior (36 years and above)

Essay Requirements & Topics (Age-Wise Specificity)

The complexity of topics, word count, and expected depth will be tailored to each age group:

- **Junior (10 - 18 years):**
 - **Topics:** "Benefits of Yoga for Students," "Yoga for a Healthy Body and Mind," "Understanding Simple Breathing (Pranayama) in Yoga," "Basic Principles of Yoga (Yamas/Niyamas)."
 - **Word Count:** 250 - 400 words.
 - **Focus:** Clarity, basic structure (introduction, body, conclusion), simple analysis.
- **Young (19 - 35 years):**
 - **Topics:** "Yoga as a Tool for Stress Management," "The Eight Limbs of Yoga: A Path to Holistic Living," "How Yoga Enhances Concentration and Academic Performance," "The Role of Yoga in Emotional Well-being."

- **Word Count:** 500 - 750 words.
- **Focus:** Structured arguments, logical flow, incorporating some examples or personal reflections.
- **Senior (36 years and above):**
 - **Topics:** "Yoga for Healthy Aging: Physical and Mental Resilience," "The Evolution of My Yoga Practice Over Time," "Yoga as a Means to Inner Peace and Contentment in Later Life," "The Wisdom of Yogic Texts in Today's World."
 - **Word Count:** 800 - 1200 words.
 - **Focus:** Reflective insights, practical application, synthesis of knowledge and experience, potentially including personal anecdotes.

General Essay Requirements for All Age Wise Participants:

- **Originality:** All essays must be original work. Plagiarism from any source (internet, books, other essays) will lead to immediate disqualification.
- **Language:** Essays must be written in English (or specified local language).
- **Format:**
 - Typed (preferred) or neatly handwritten.
 - Font: Times New Roman or Arial, size 12.
 - Line Spacing: 1.5 or double-spaced.
 - Margins: 1 inch on all sides.
 - Include a Title Page with Essay Title, Participant's Name, Age Group, and Contact Information. Do NOT put your name on the essay pages themselves for impartial judging.
- **Submission:** Essays must be submitted by the deadline (physical copy or via email, as specified by organizers).

Judging Criteria

Judges will score each essay out of 100 points based on:

- **Relevance to Topic & Theme (30%):**
 - How well the essay addresses the chosen topic and aligns with the overall "Yoga" theme.
 - Accuracy of yogic concepts and information presented.

- **Content & Depth of Understanding (25%):**
 - Thoroughness of research (where applicable).
 - Insight and depth of ideas presented.
 - Quality of arguments and explanations.
 - *For younger age groups, emphasis on clear, correct basic understanding.*
- **Originality & Creativity (20%):**
 - Freshness of perspective and ideas.
 - Unique interpretation of the topic.
- **Structure & Organization (15%):**
 - Clear introduction, coherent body paragraphs, and a strong conclusion.
 - Logical flow of ideas and smooth transitions.
- **Language & Grammar (10%):**
 - Clarity, conciseness, and precision of language.
 - Correct grammar, spelling, and punctuation.
 - Adherence to word count.

Scoring System

- A panel of qualified judges (e.g., yoga teachers, academics, writers) will score each essay.
 - The final score will be the average of the judges' scores.
 - **Deductions:** Points will be deducted for:
 - Exceeding or falling short significantly of the word count.
 - Plagiarism.
 - Grammatical errors or poor language quality.
 - **Tie-Breaker:** In case of a tie, the essay with higher marks in "Relevance to Topic & Theme" will be declared the winner. If still tied, "Content & Depth of Understanding" will be the deciding factor.

General Rules

- **Anonymity:** Participant names will be removed from essays during the judging process to ensure impartiality.
- **Deadline:** Essays must be submitted by the specified deadline. Late submissions will not be accepted.
- **Fair Play:** Any attempt to manipulate the judging process or submit plagiarized content will lead to immediate disqualification.
- **Usage Rights:** Winning essays (and potentially shortlisted ones) may be published or used by the organizing committee for educational or promotional purposes, with due credit to the author.
- **Judges' Decision:** The decision of the judges is final and binding.

YOGA SHORT FILM COMPETITION GUIDELINES

These guidelines are designed to foster artistic creativity, deepen understanding, and promote the universal appeal of yoga through the medium of short films.

Objective

To provide a platform for filmmakers and yoga enthusiasts to visually interpret and communicate the diverse aspects of yoga, including its philosophy, practices, benefits, and impact on individuals and communities, through compelling and original short films.

Eligibility

- **Participation:** Individuals or teams.
- **Health:** No specific physical requirements.
- **Originality:** All submitted films must be original creations of the participant(s).

Age Group Divisions

Participants will compete within the following age categories, based on the age of the primary filmmaker/director (or oldest team member for groups) as of the competition date:

- Junior (10-18 years)
- Young (19-35 years)
- Senior (36years and above)

Film Requirements

• **Theme:** The overarching theme is "**Yoga: A Journey Within and Beyond.**" Participants should interpret this broadly. Possible sub-themes include:

- The transformative power of specific asanas or sequences.
- The essence of pranayama or meditation.
- Yoga's philosophical principles in daily life (e.g., Yamas, Niyamas).
- Yoga's role in well-being (physical, mental, emotional, spiritual).
- Yoga in diverse communities or environments.
- Personal stories of yoga's impact.
- **Duration:**
 - **Sub-Junior/Junior:** Minimum 1 minute, Maximum 3 minutes.
 - **Youth/Adult/Senior:** Minimum 3 minutes, Maximum 7 minutes.

- *This includes all titles, credits, and end screens.* Films exceeding or falling short of the limits will face deductions.

- **Content:**

- Must relate clearly to the theme of yoga.

- Can be documentary, narrative (fiction), experimental, animated, or a combination.

- Avoid excessive commercialism, product placement, or promotion of specific brands/organizations.

- Should be respectful and accurately represent yoga principles.

- **Language:** Films can be in any language. If the primary language is not English, **English subtitles are mandatory** for all dialogue and significant on-screen text.

- **Music & Sound:**

- All music and sound effects used must be original or properly licensed (royalty-free, creative commons with attribution, or direct permission from the artist). Proof of licensing may be requested.

- Clear audio quality is essential.

- **Technical Quality:**

- Minimum Resolution: Full HD (1920x1080 pixels).

- Aspect Ratio: 16:9 (widescreen).

- File Format: MP4 (.mp4) or MOV (.mov) are preferred.

- Video Codec: H.264.

- Audio Codec: AAC.

- **Credits:** A title screen and end credits (listing director, primary cast/crew, music credits, etc.) are mandatory.

- **Originality:** All creative elements (concept, script, visuals, editing) must be original. Plagiarism in any form will lead to disqualification.

Submission Process

- Films must be submitted online via a specified platform (e.g., Google Drive, Vimeo, YouTube with a private link) by the designated deadline.

- Participants must complete an entry form with their details, age group, film title, brief synopsis (max 150 words), and a declaration of originality/licensing.
- **Deadline:** All submissions must be received by [Insert Date and Time]. Late submissions will not be accepted.

Judging Criteria

Judges will score each film out of 100 points based on:

- **Relevance to Yoga & Theme (30%):**
 - How accurately and effectively the film interprets and conveys the essence of yoga.
 - Depth of understanding of yogic principles presented.
 - *For Sub-Juniors/Juniors: Emphasis on clear, positive representation of basic yoga concepts.*
- **Creativity & Originality (25%):**
 - Uniqueness of the concept, narrative, and visual approach.
 - Innovation in storytelling or presentation.
- **Narrative & Message (20%):**
 - Clarity and coherence of the story or message.
 - Engagement of the audience and emotional impact.
 - Effectiveness of the message in promoting yoga.
- **Technical Quality & Production Value (15%):**
 - Quality of cinematography (lighting, framing, composition).
 - Editing (pacing, transitions, visual flow).
 - Audio quality and appropriate use of music/sound.
 - Overall professionalism of the production.
- **Adherence to Guidelines (10%):**
 - Compliance with duration limits, technical specifications, and content rules.

Scoring System

- A panel of qualified judges (e.g., filmmakers, yoga experts, educators) will score each film.

- The final score will be the average of the judges' scores.
- **Deductions:** Points will be deducted for:
 - Exceeding or falling short of time limits (e.g., 5 points for every 30 seconds over/under).
 - Technical issues that hinder viewing (e.g., poor audio, low resolution).
 - Lack of required subtitles or credits.
 - Plagiarism or unauthorized use of copyrighted material.
- **Tie-Breaker:** In case of a tie, the film with higher marks in "Relevance to Yoga & Theme" will be declared the winner. If still tied, "Creativity & Originality" will be the deciding factor.

General Rules

- **Fair Play:** All participants must adhere to the rules of fair play. Any attempt to influence judges or violate rules will lead to disqualification.
- **Usage Rights:** By submitting a film, participants grant the organizing committee a non-exclusive, royalty-free license to screen, promote, and display the film (in full or in excerpts) for competition-related events, promotional activities, and non-commercial purposes. Participants retain full ownership of their films.
- **Disclaimer:** Participants acknowledge that they are responsible for all content, including securing necessary permissions for locations, individuals appearing in the film, and any copyrighted material.
- **Judges' Decision:** The decision of the judges is final and binding.

YOGA PHOTOGRAPHY COMPETITION GUIDELINES

These guidelines aim to celebrate the art of photography in conveying the profound impact, beauty, and philosophy of yoga, encouraging participants to explore creative visual storytelling.

Objective:

To encourage photographers to capture inspiring and evocative images that reflect the physical, mental, and spiritual dimensions of yoga, promoting its benefits and universality through compelling visual narratives.

Eligibility

- **Participation:** Individuals only.
- **Health:** No specific physical requirements, as this is a photography competition.
- **Originality:** All submitted photographs must be original work taken by the participant.

Age Group Divisions

Participants will compete within the following age categories, based on their age as of the competition date:

- Junior (10-18 years)
- Young (19-35 years)
- Senior (36 years and above)

Photography Requirements

- **Theme:** The overarching theme is "**Yoga: A Moment of Connection.**" Participants should interpret this broadly. Possible sub-themes include:
 - Asanas in nature or unique settings.
 - The stillness of meditation.
 - The flow of pranayama.
 - Yoga's impact on an individual (e.g., peace, strength, balance).
 - The community aspect of yoga.

- Symbolism of yoga (e.g., Om, chakras, lotus).
- The quiet discipline behind the practice.
- **Number of Entries:** Each participant may submit a maximum of **three (3)** unique photographs. Each photo will be judged independently.
- **Image Content:**
 - Images can feature individuals, groups, or symbolic representations of yoga.
 - Submissions should be tasteful and respectful of yogic traditions.
 - Ensure consent from any recognizable individuals in the photograph.
- **Originality:** All photographs must be taken by the participant. Plagiarism or submission of works created by others will result in immediate disqualification.
- **Editing:** Basic post-processing (e.g., cropping, color correction, brightness/contrast adjustments, dodging and burning) is allowed. Extensive manipulation that alters the reality of the scene (e.g., adding/removing elements, heavy composites) may be restricted or lead to deductions, especially if it misrepresents the yogic practice. *Clarity on acceptable vs. unacceptable manipulation will be provided.*
- **Technical Specifications:**
 - **File Format:** JPEG (.jpg or .jpeg) is preferred.
 - **Resolution:** Minimum 300 dpi (dots per inch) and high resolution (e.g., suitable for printing up to A4 or A3 size, ideally a minimum of 2000 pixels on the longest side).
 - **File Size:** Maximum 10MB per image (adjust as needed based on submission platform).
 - **No Watermarks/Signatures:** Images must be submitted without watermarks, names, or signatures on the photograph itself to ensure impartial judging.
- **Naming Convention:** Files should be named clearly (e.g., AgeGroup_ParticipantName_PhotoTitle1.jpg).

Submission Process

- Photographs must be submitted online via a specified platform (e.g., email attachment, Google Drive link, dedicated competition portal) by the designated deadline.

- Participants must complete an entry form with their details, age group, photo titles, and a brief description (optional, max 50 words per photo) for each image.
- **Deadline:** All submissions must be received by [Insert Date and Time]. Late submissions will not be accepted.

Judging Criteria

Judges will score each photograph out of 100 points based on:

- **Relevance to Yoga & Theme (30%):**
 - How accurately and effectively the photograph captures the "Moment of Connection" and represents yogic principles or practices.
 - Clarity of the yogic message conveyed.
- **Creativity & Originality (25%):**
 - Unique perspective, composition, and artistic vision.
 - Innovation in interpreting the theme.
- **Visual Impact & Composition (20%):**
 - Overall aesthetic appeal and ability to evoke emotion.
 - Effective use of elements like light, shadow, color, lines, and space.
 - Strong focus and storytelling through the image.
- **Technical Quality (15%):**
 - Sharpness, proper exposure, and appropriate depth of field.
 - Image clarity and absence of distracting noise or artifacts.
 - *Judges will consider the age group when assessing technical proficiency (e.g., a child's composition vs. an adult's).*
- **Emotional Resonance (10%):**
 - The ability of the photograph to connect with the viewer on an emotional or spiritual level.

Scoring System

- A panel of qualified judges (e.g., professional photographers, yoga experts, artists) will score each photograph.
- The final score for each participant will be the average of their submitted photos (if multiple) or the score of their single photo.

- **Deductions:** Points may be deducted for:
 - Not adhering to technical specifications.
 - Presence of watermarks/signatures.
 - Inappropriate or disrespectful content.
 - Evidence of excessive manipulation that misrepresents the scene (if restricted).
- **Tie-Breaker:** In case of a tie, the photograph with higher marks in "Relevance to Yoga & Theme" will be declared the winner. If still tied, "Creativity & Originality" will be the deciding factor.

General Rules

- **Fair Play:** All submissions must be the individual's own work.
- **Anonymity:** Participant names will be withheld from judges during the initial scoring process to ensure impartiality.
- **Consent:** Participants are solely responsible for obtaining necessary releases and consents from any identifiable individuals appearing in their photographs.
- **Usage Rights:** By submitting photographs, participants grant the organizing committee a non-exclusive, royalty-free license to display, reproduce, and publicize the submitted images (in full or in excerpts) for competition-related events, promotional activities, and non-commercial purposes, with due credit to the photographer. Participants retain full ownership of their photographs.
- **Disclaimer:** The organizing committee is not responsible for any copyright infringements or unauthorized use of images by third parties.
- **Judges' Decision:** The decision of the judges is final and binding.

IDY- 2026 Yoga Competition Schedule
Theme - Yoga for all – Gross Roots

VILLAGE LEVEL

S. No.	Date	Age Group	Yoga competition	Timings
1	07-06-2026	Junior (10-18 years)	Solo yoga – Asanas & Pranayama, Group Yoga- Synchronized Yoga	7:30 AM to 6:00 PM
2	08-06-2026	Young (19-35 years) & Senior (36 and above)	Solo yoga – Asanas & Pranayama, Group Yoga- Synchronized Yoga	7:30 AM to 6:00 PM
3	09-06-2026	Junior, young, senior	Yoga Quiz, Yoga Slogan, Yoga essay, Yoga song Yoga short film Yoga photography	7:30 AM to 6:00 PM

IDY- 2026 Yoga Competition Schedule
Theme – Unity Through Yoga - Bridging

MANDAL LEVEL

S. No.	Date	Age Group	Yoga competition	Timings
1	10-06-2026	Junior (10-18 years)	Solo yoga – Asanas & Pranayama, Group: Synchronized Yoga	7:30 AM to 6:00 PM
2	11-06-2026	Young (19-35 years) & Senior (36 and above)	Solo yoga – Asanas, Pranayama, Group: Synchronized Yoga	7:30 AM to 6:00 PM
3	12-06-2026	Junior, young, senior	Yoga Quiz, Yoga Slogan, Yoga essay, Yoga song Yoga short film Yoga photography	7:30 AM to 6:00 PM

IDY- 2026 Yoga Competition Schedule
Theme - Yoga and Youth – Building a Healthy Future

DISTRICT LEVEL

S. No.	Date	Age Group	Yoga competition	Timings
1	14-06-2026	Junior (10-18 years)	Solo yoga – Asanas & Pranayama, Group: Synchronized Yoga	7:30 AM to 6:00 PM
2	15-06-2026	Young (19-35 years) & Senior (36 and above)	Solo yoga – Asanas &Pranayama, Group: Synchronized Yoga	7:30 AM to 6:00 PM
3	16-06-2026	Junior, young, senior	Yoga Quiz, Yoga Slogan, Yoga essay, Yoga song Yoga short film Yoga photography	7:30 AM to 6:00 PM

IDY- 2026 Yoga Competition Schedule
Theme – Yogandhra – Andhra’s Global Showcase

STATE LEVEL

S. No.	Date	Age Group	Yoga competition	Timings
1	18.06.2026	Junior (10-18 years)	Solo yoga – Asanas & Pranayama, Group: Synchronized Yoga	09:00 AM to 06:00 PM
2	19.06.2026	Young (19-35 years)	Solo yoga – Asanas & Pranayama, Group: Synchronized Yoga	09:00 AM to 06:00 PM
3	20.06.2026	Senior (36 and above)	Yoga Quiz, Yoga Slogan, Yoga essay, Yoga song Yoga short film Yoga photography	09:00 AM to 06:00 PM

Judging Criteria:

Judges will evaluate participants based on the following:

- **Accuracy of Asanas:** Correct execution of each of the postures, ensuring proper hand and foot placement, body alignment, and limb extension.
- **Flexibility and Extension:** Demonstration of flexibility and full extension in each posture (e.g., reaching palms to the floor in Pada Hastasana)
- **Stability and Balance:** Maintenance of stability and control throughout the transitions and hold of each posture.

Village Level:

Panchayat Secretary/Ward Admin Secretary – Chairman, Village Revenue Officer/ Ward Revenue Secretary, Headmaster/ Principal or senior teacher of Education Department, Head Constable/ASI or any senior officer of the Police Department, ANMs or any representative of the Health Department, Yoga instructor, PET /PD. Any other Sachivalayam functionaries as decided by the Chairman.

Mandal Level:

MPDO/MC – Chairman, Mandal Revenue Officer, Mandal Education Officer, EO PRRD, Sub Inspector, MO or representative of health department, any other mandal level officer as decided by the chairman, Yoga Trainer, PET / PD.

District Level: Yoga Judge (qualified) – 3 and 2 member decides by the District Collector & Magistrate (with consisting of 5 members)

State Level: Yoga Judges (qualified) -3 and 2 members decides by the competent authority (with consisting of 5 members)

Results and Fixtures / Postures of the Yoga shall be uploaded in the portal.

NOTE: Guidelines Marks Distribution: Guideline 1 and 2 carries 2 marks each, Guideline 3 carries 1.5 marks, Guidelines 4 carries 0.5 marks

Guidelines for marks distribution for Asanas:

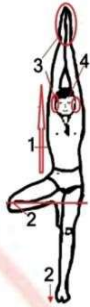
Solo Yoga: Asanas & Pranayama

- Guideline 1& 2 carry 2 marks each.
- Guideline 3 carry 1.5 marks each.
- Guideline 4 carry 0.5 marks each.
- Performance of Yoga carries 1 mark.
- Dress Code carries 1 mark.
- Facial expressions carry 1 mark.
- Asanas assuming posture & releasing procedure carries 1 mark.
- 10 marks for each asana.

Six Asanas	60 marks (6 x 10 marks)
Pranayama	20 marks.
Judges options- 2 Asanas	20 marks
Total	100 marks

VILLAGE LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE JUNIOR GROUP
(10 - 18 years)

1



VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg, lower leg straight & toe pointing forward.
3. Hands joined above shoulders without thumb gripping & upper arms touching the ear.
4. Gaze in front.

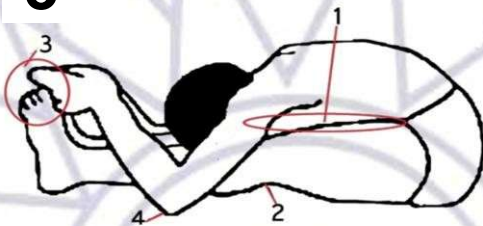
2



PADAHASTASANA

1. Legs to be straight.
2. Abdomen, chest & forehead touching legs.
3. Back maximum stretched & forearms touching legs from the side.
4. Hands on the side of feet with alignment of toes.

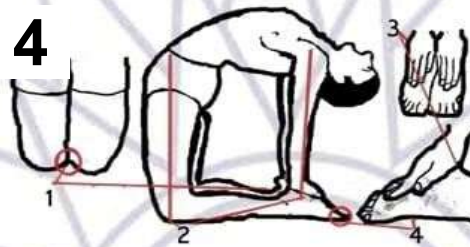
3



PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest & forehead touching legs.
2. Both legs straight with knee pits on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and Index finger, other fingers folded inside.
4. Elbows on the ground, touching legs

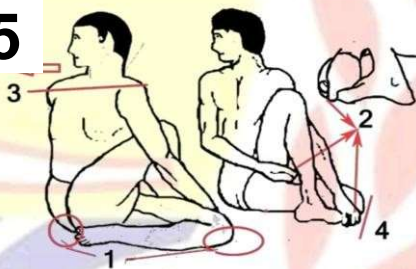
4



USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.

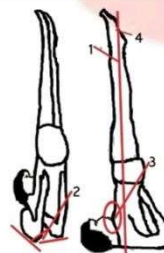
5



ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.

6

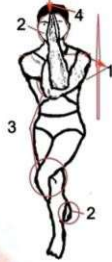


SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward.

MANDAL LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE JUNIOR GROUP
(10 - 18 years)

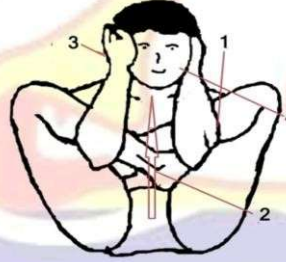
1



GARUDASANA

1. Back, neck and head to be straight with shoulders maximum straight.
2. Ankle completely touching calf & hands joined together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Fingers at level of forehead.

2

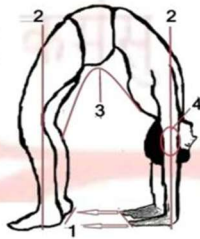


GARABHASANA

Note: - If only one arm in between thigh and calf then marks to be given out of 5

1. Both arms in between thigh and calf.
2. Back, neck and head maximum straight.
3. Ears to be covered by palms.
4. Face in front.

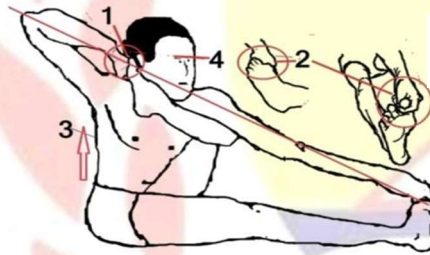
3



CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other.
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with upper arms touching ears.

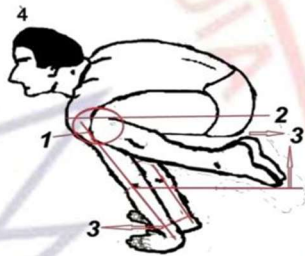
4



AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.

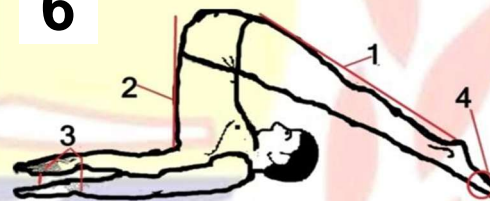
5



BAKASANA

1. Elbows straight with knees in armpit.
2. The buttocks to be in alignment to the shoulder, thigh parallel to ground
3. Gap in hands up to shoulder width with fingers together & heels together near to buttocks.
4. Face forward.

6

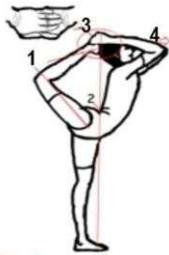


HALASANA

1. Legs stretched & straight.
2. Back to be straight.
3. Arms parallel to each other up to shoulders width palms on ground with fingers & thumb together.
4. Toes together stretched, pointing outside.

DISTRICT LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE JUNIOR GROUP
(10 - 18 years)

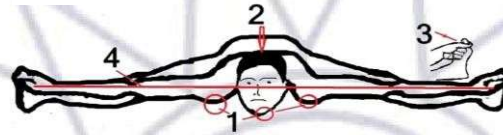
1



NATRAJASANA

1. Arch of foot placed on back of head with knee in alignment with buttock.
2. Toe of straight leg, hip and head in one line.
3. Toe gripped by both palms, fingers overlapping each other with elbows at shoulder width.
4. Face straight.

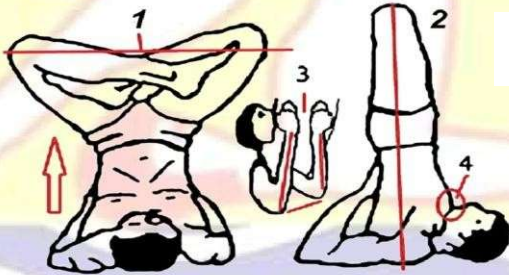
2



VIBHAKTA PASCHIMOTTHANASANA

1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and index finger, other fingers folded inside.
4. Arms in straight line.

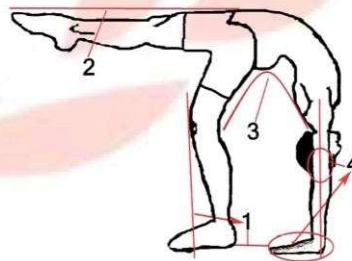
3



PADMA SARVANGASANA

1. Padmasana to be assumed after going into position of Sarvangasana, crossing of legs in center with knees aligned.
2. Knees, hips, back & shoulders in straight line.
3. Palms placed on back parallel to each other, elbows in straight line to shoulders.
4. Chin to be locked.

4



EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.

5

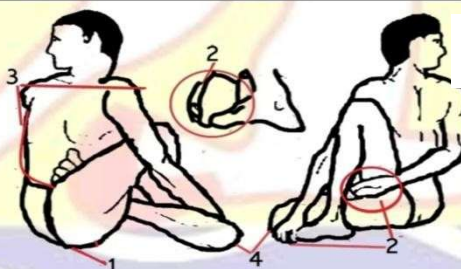


KUKKUTASANA

Note: - If only one arm in between thigh & calf then marks to be given out of 5

1. Arms to be inserted in between thigh & calf, palms placed on ground with fingers together.
2. While lifting body upward arms to be straight & parallel to each other and hips & knees to be parallel to the ground at elbows height.
3. Head, neck & back to be maximum straight,
4. Face in front.

6



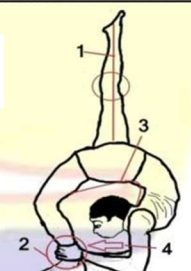
PURNA MATSYENDRASANA

Note: - No marks to be given, if Ardhamatsyendrasana performed.

1. Both buttocks on the ground.
2. One hand gripping other thigh from back side. & other hand gripping big toe with thumb and index finger, other fingers folded inside.
3. Back straight with shoulders & head in straight line.
4. Big toe on ground, in line with folded knee.

STATE LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE JUNIOR GROUP
(10 - 18 years)

1



4

EKA PADA VIPARIT DANDASANA

1. After assuming Chakrasana upper leg should be straightened and perpendicular to ground with toe stretched upward.
2. Holding front ankle with both palms, thumbs on the back with fingers in front.
3. Thighs, hips, back & neck making maximum arch, but not to be touched with buttock or calf.
4. Face in front.

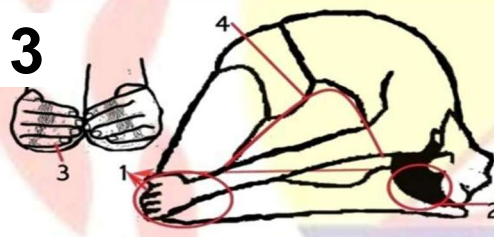
2



TITIBHASANA

1. Legs stretched and straight, touching the back of the shoulders.
2. Arms parallel to each other up to shoulderwidth.
3. Back maximum straight, gaze forward.
4. Both palms on the ground with fingers together.


3



PURNA SUPTA VAJRASANA

1. Knees, Heels & toes together.
2. Cranium placed on the arch of feet.
3. Gripping of knees with both palms touching each other.
4. Making maximum arch with thigh, buttocks & back.

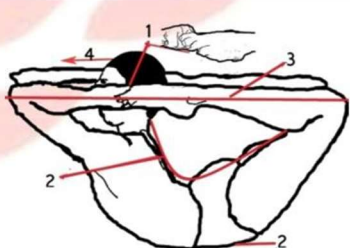
4



PURNA SHALABHASANA

1. After assuming Shalabhasana arch of feet to be placed on the cranium, arms parallel to each other at shoulders width.
2. Chest, shoulders & chin to be on ground.
3. Knees, heels and toes together.
4. Palms facing down with thumb & fingers together.


5



PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger, other fingers folded inside.
2. Balance on naval with thighs hips & back making maximum arch.
3. Legs(knee) & arms (elbow) in straight line.
4. Face in front.

6

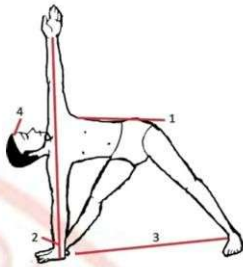


VIBHAKTA VIPARIT SUPTASANA

1. Leg stretched in front and back with hips, thighs & heels in straight line & touching the ground. (like hanuman asana).
2. Body to be bent backward with cranium touching the thigh at the back.
3. Arms maximum straight, gripping from ankles with both palms, thumbs upside & fingers downside.
4. Toes stretched outside.

VILLAGE LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE YOUNG GROUP
(19 - 35 years)

1



TRIKONASANA

1. Waistline to be parallel to the ground.
2. Position of palm adjacent to heel & both arms in a straight line.
3. Both heels in alignment to each other.
4. Face towards sky.

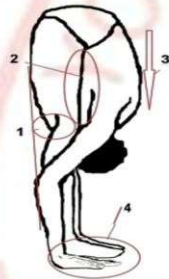
2



VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg, lower leg straight & toe pointing forward.
3. Hands joined above shoulders without thumb gripping & upper arms touching the ear.
4. Gaze in front.

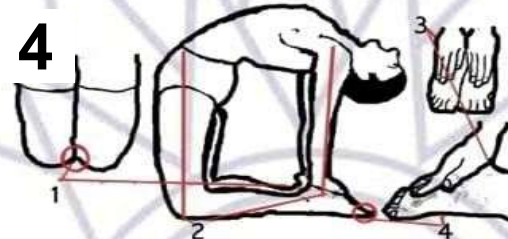
3



PADAHASTASANA

1. Legs to be straight.
2. Abdomen, chest & forehead touching legs.
3. Back maximum stretched & forearms touching legs from the side.
4. Hands on the side of feet with alignment of toes.

4



USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.

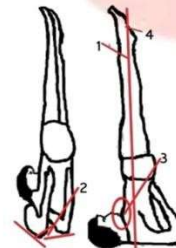
5



ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.

6

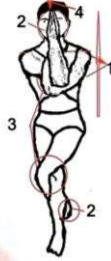


SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward.

MANDAL LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE YOUNG GROUP
(19 - 35 years)

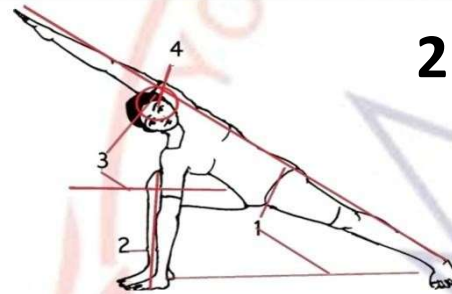
1



GARUDASANA

1. Back, neck and head to be straight with shoulders maximum straight.
2. Ankle completely touching calf & hands joined together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Fingers at level of forehead.

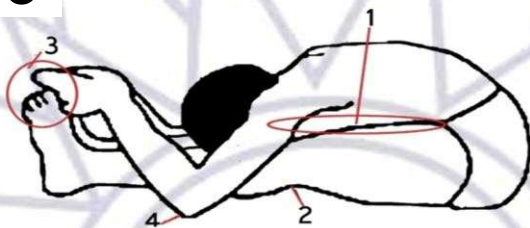
2



PARSVAKONASANA

1. Arm, waist and leg in straight line with heels in alignment.
2. Folded leg and arm perpendicular to ground.
3. Thigh parallel to ground & arm (biceps) touching ear.
4. Face forward.

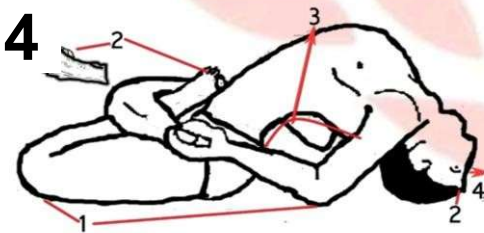
3



PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest & forehead touching legs.
2. Both legs straight with knee pits on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and Index finger, other fingers folded inside.
4. Elbows on the ground, touching legs

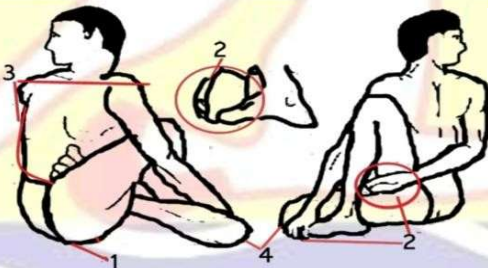
4



MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside, cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back.

5



PURNA MATSYENDRASANA

Note: - No marks to be given, if Ardhmatsyendrasana performed.

1. Both buttocks on the ground.
2. One hand gripping other thigh from back side. & other hand gripping big toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in straight line.
4. Big toe on ground, in line with folded knee.

6

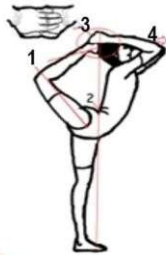


HALASANA

1. Legs stretched & straight.
2. Back to be straight.
3. Arms parallel to each other up to shoulders width palms on ground with fingers & thumb together.
4. Toes together stretched, pointing outside.

DISTRICT LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE YOUNG GROUP
(19 - 35 years)

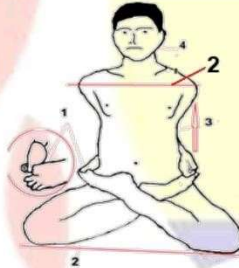
1



NATRAJASANA

1. Arch of foot placed on back of head with knee in alignment with buttock.
2. Toe of straight leg, hip and head in one line.
3. Toe gripped by both palms, fingers overlapping each other with elbows at shoulder width.
4. Face straight.

2



BADDHA PADMASANA

Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and Index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line.
3. Back, neck and head straight.
4. Face forward.

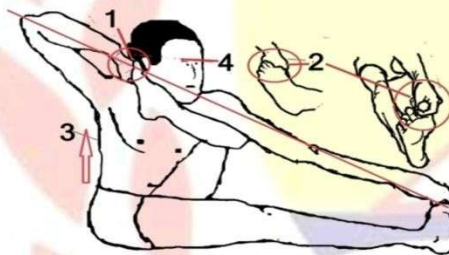
3



VIBHAKTA PASCHIMOTTHANASANA

1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and Indexfinger, other fingers folded inside.
4. Arms in straight line.

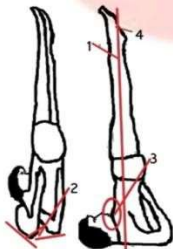
4



AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.

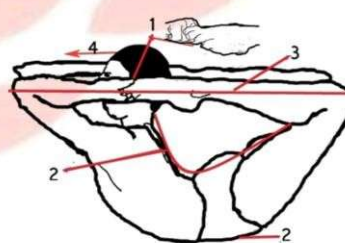
5



SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward.

6

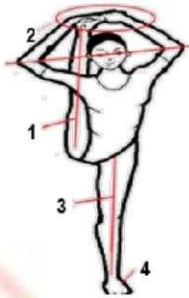


PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger, other fingers folded inside.
2. Balance on naval with thighs hips & back making maximum arch.
3. Legs(knee) & arms (elbow) in straight line.
4. Face in front.

STATE LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE YOUNG GROUP
(19 - 35 years)

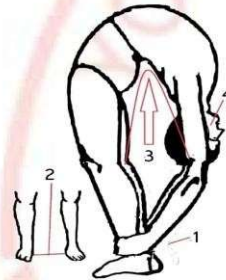
1



TRIVIKRAMASANA

1. Lifted leg to be straight touching waistline and side of the head, with neck straight.
2. Both elbows in alignment, placing palm of same hand on the heel and gripping toe with palm of other hand.
3. Leg on the ground to be straight.
4. Foot on ground to be straight.

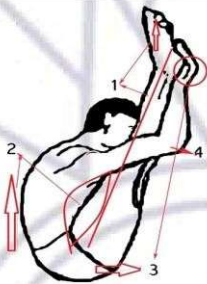
2



PURNA CHAKRASANA

1. Gripping from ankles with thumb inner side & fingers outside.
2. Gap in both legs approx. 1/2 feet with toes parallel to each other.
3. Legs to be straight with body stretched upward to make arch.
4. Head placed in between arms touching ears.

3



UTTHITA PASCHIMOTTANASANA

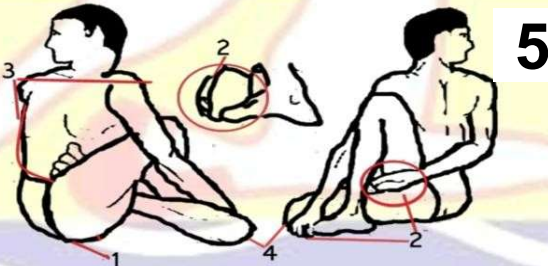
1. Both Legs straight with toes pointing upward.
2. Back maximum stretched with abdomen, chest, shoulders and forehead touching the legs.
3. Palms holding the heels with balance on buttocks.
4. Biceps touching shin (side calves).

4



OMKARASANA

1. Heel of upper leg touching opposite side shoulder & toe stretched out.
2. Both arms straight & parallel to each other with fingers together & back straight.
3. Second leg crossing elbows in straight line, with toe stretched out.
4. Face forward.

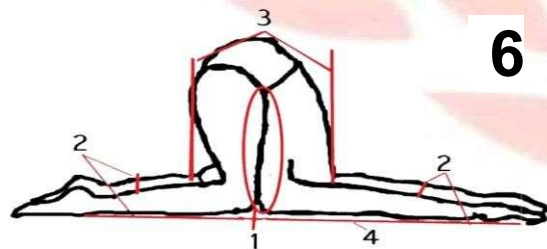


PURNA MATSYENDRASANA

Note: - No marks to be given, if Ardhmatsyendrasana performed.

1. Both buttocks on the ground.
2. One hand gripping other thigh from back side. & other hand gripping big toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in straight line.
4. Big toe on ground, in line with folded knee.

6



KARNAPIDASANA

1. After assuming Halasana thigh & knees to touch abdomen, chest & shoulders.
2. Arms and legs in opposite direction, in a straight line & gap in both arms and legs to be at shoulders width.
3. Back and thighs to be straight.
4. Ankles & palms touching ground.

VILLAGE LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE SENIOR GROUP
(36 AND ABOVE YEARS)

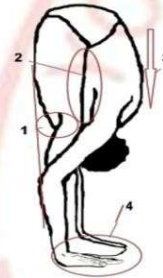
1



VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg, lower leg straight & toe pointing forward.
3. Hands joined above shoulders without thumb gripping & upper arms touching the ear.
4. Gaze in front.

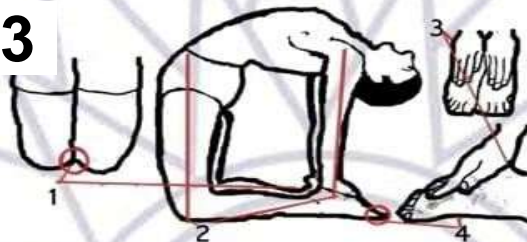
2



PADAHASTASANA

1. Legs to be straight.
2. Abdomen, chest & forehead touching legs.
3. Back maximum stretched & forearms touching legs from the side.
4. Hands on the side of feet with alignment of toes.

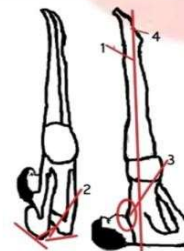
3



USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.

4



SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward.

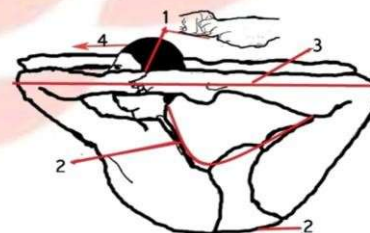
5



ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.

6

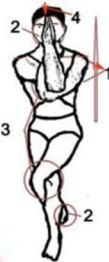


PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger, other fingers folded inside.
2. Balance on naval with thighs hips & back making maximum arch.
3. Legs(knee) & arms (elbow) in straight line.
4. Face in front.

MANDAL LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE SENIOR GROUP
(36 years and above)

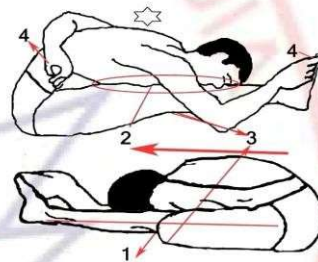
1



GARUDASANA

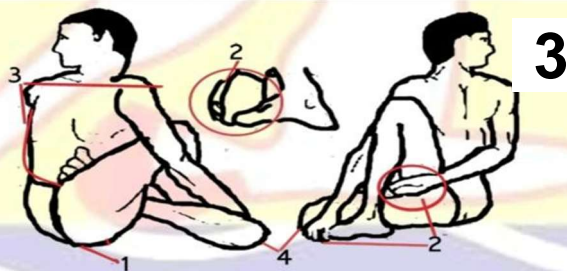
1. Back, neck and head to be straight with shoulders maximum straight.
2. Ankle completely touching calf & hands joined together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Fingers at level of forehead.

2



ARDHA BADHA PADMA PASCHIMOTTANASANA

1. Thigh of the folded knee to be parallel to the stretched leg with both knees aligned.
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching leg.
3. Both knees on the ground & toe of straight leg pointing upward.
4. Both big toes gripped with thumb & index finger, other fingers folded inside.

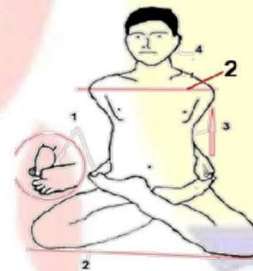


PURNA MATSYENDRASANA

Note: - No marks to be given, if Ardhamatsyendrasana performed.

1. Both buttocks on the ground.
2. One hand gripping other thigh from back side. & other hand gripping big toe with thumb and index finger, other fingers folded inside.
3. Back straight with shoulders & head in straight line.
4. Big toe on ground, in line with folded knee.

4



BADDHA PADMASANA

Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line.
3. Back, neck and head straight.
4. Face forward.

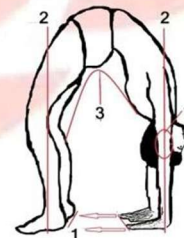
5



HALASANA

1. Legs stretched & straight.
2. Back to be straight.
3. Arms parallel to each other up to shoulders with palms on ground with fingers & thumb together.
4. Toes together stretched, pointing outside.

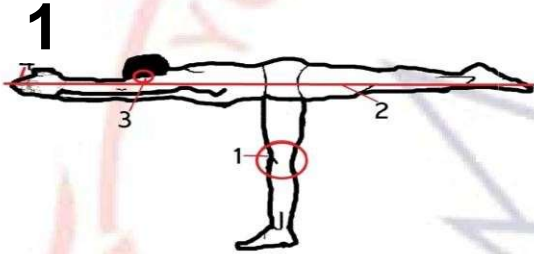
6



CHAKRASANA

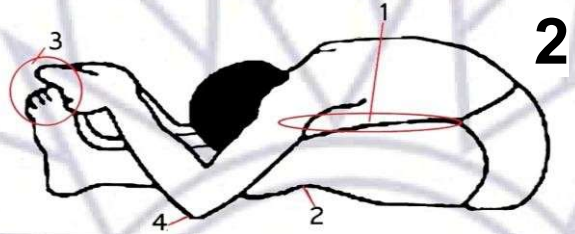
1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other.
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with upper arms touching ears.

DISTRICT LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE SENIOR GROUP
(36 years and above)



VIRBHADRASANA

1. Leg on the ground to be straight.
2. Both arms, back and lifted leg in straight line, parallel to the ground with toestretched.
3. Head in between both arms, biceps touching ears.
4. Hands joined together without locking thumbs.



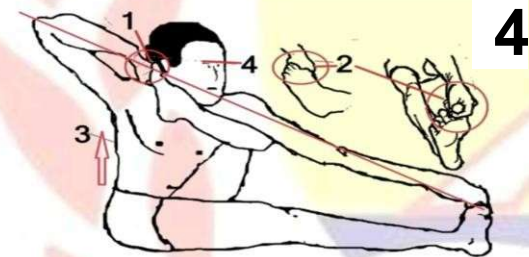
PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest & forehead touching legs.
2. Both legs straight with knee pits on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and index finger, other fingers folded inside.
4. Elbows on the ground, touching legs



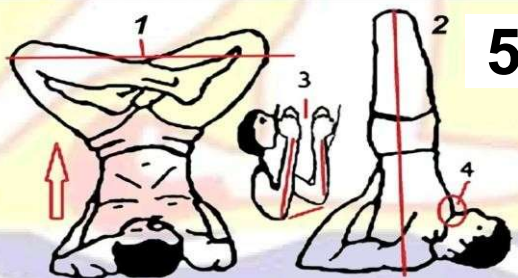
UTTHITA PADMASANA

1. After assuming Padmasana body to be lifted upward with knees & thighs placed parallel to the ground.
2. Back, neck and head straight.
3. Both palms placed parallel to each other on the ground with thumb & fingers together, arms straight upto shoulders.
4. Shoulder blades relaxed & face in front.



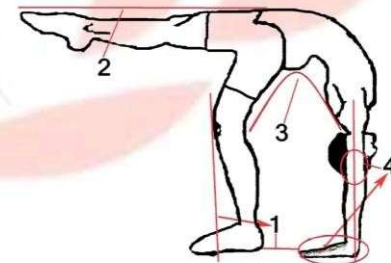
AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



PADMA SARVANGASANA

1. Padmasana to be assumed after going into position of Sarvangasana, crossing of legs in center with knees aligned.
2. Knees, hips, back & shoulders in straight line.
3. Palms placed on back parallel to each other, elbows in straight line to shoulders.
4. Chin to be locked.



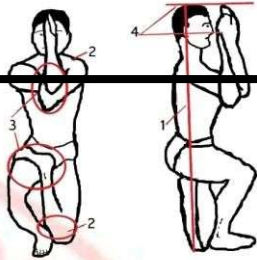
EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.

STATE LEVEL YOGA COMPETITION
YOGASANA TO BE PERFORMED BY THE SENIOR GROUP

(36 years and above)

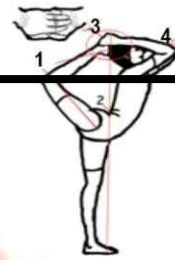
1



VATAYANASANA

1. Grounded knee, hips, back up to head to be in a straight line.
2. Grounded knee to touch the heel of the other foot, shoulders maximum straight.
3. If right arm is above left arm, left foot on the right thigh.
4. Hands together in front of nose & fingers at level of forehead.

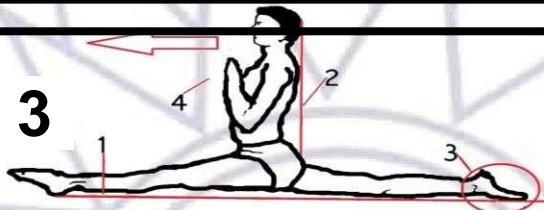
2



NATRAJASANA

1. Arch of foot placed on back of head with knee in alignment with buttock.
2. Toe of straight leg, hip and head in one line.
3. Toe gripped by both palms, fingers overlapping each other with elbows at shoulder width.
4. Face straight.

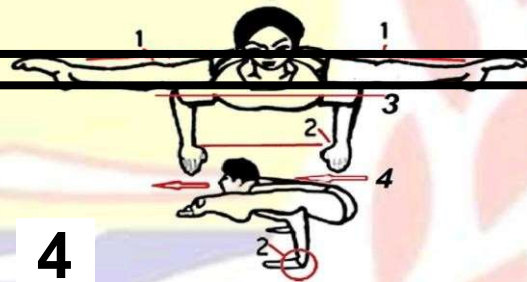
3



HANUMANA ASANA

1. Both legs stretched straight, touching ground, toes pointing outside.
2. Back, neck and head straight.
3. Ankle of the back leg touching the ground.
4. Hands joined in front of chest, face forward.

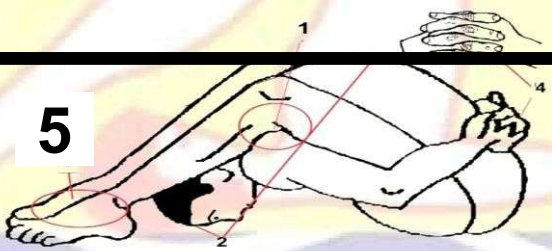
4



KOUNDINYASANA

1. Both legs maximum stretched & straight and parallel to ground.
2. Both forearms perpendicular to the ground & parallel to each other & palms on the ground with fingers together,
3. Upper arms to be parallel to the ground.
4. Back maximum stretched & face in front.

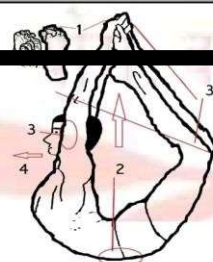
5



KURMASANA

1. Head and arms to be inserted between legs with shoulders under the knees.
2. Forehead to touch the ground (closest to buttocks) with maximum arch of the back.(cranium not to be touched with heel)
3. Feet joined with soles on the ground in front of the head.
4. Fingers to be interlocked on the back near buttocks.

6



PADANGUSHTH DHANURASANA

1. Big toes together gripped with index & middle finger, other fingers folded inside.
2. Legs and arms stretched upward with balance on naval.
3. Knees with alignment to arms and arms (biceps) touching ears.
4. Head in between both arms touching ears, face in front.

